

SAY YES TO SPORT!



How you can get active
and have FUN with
CP SPORT



Play



Participate



Enjoy

Welcome

This leaflet includes information about CP Sport and gives you lots of useful advice about getting active and trying different types of sports. It has been designed for the benefit of children with cerebral palsy. We've included some fun challenges and puzzles to enjoy too.

What is cerebral palsy?

Cerebral palsy (cp) is the term used for a number of conditions that affect the development of movement, coordination and posture. Usually caused by a brain injury, cerebral palsy is not progressive, and the injury doesn't change. However, the effects may become different over time and this is where being active can have a really positive impact.



Who is CP Sport?

CP Sport is a National Disability Sport Organisation and charity. Our role is to make sure everyone with cerebral palsy has the choice to enjoy sport and be active. We do this through our own events as well as working in partnership with national governing bodies, schools and other professionals. We know that regular sport and activities can make you feel good, improve your mood and help you get stronger.

Who can get involved?

Everyone is individual, and cerebral palsy can affect people in different ways. We believe sport and physical activity should be available and accessible to everyone, whether you just take part for fun or whether you want to be the next Paralympian.



WHAT CAN I DO WITH CP SPORT?

Events

We hold events for young people with cerebral palsy around the country including football, swimming and athletics. For example; have-a-go days (where you can try out a variety of different sports), competitions, virtual activities and social events.



Club Finder

You can find your nearest sports club and local opportunities through a postcode search on our Club Finder. Through your local clubs you will be able to take part in even more regular activities from horse-riding to football with the confidence that it is suitable for people with cerebral palsy.



Membership

Some people choose to become a member of CP Sport to get discount on our events and services, and get to know us more.



Rental service

It is possible to hire frames for Frame Football and Frame Running from CP Sport and our partner organisation Quest to use at home with our support. Read on to find out more about different types of equipment.



Get active

At home or with friends. We've got some activity ideas in this leaflet.



You can find out about all of our services on our website www.cpsport.org or you can contact us at info@cpsport.org with any questions.



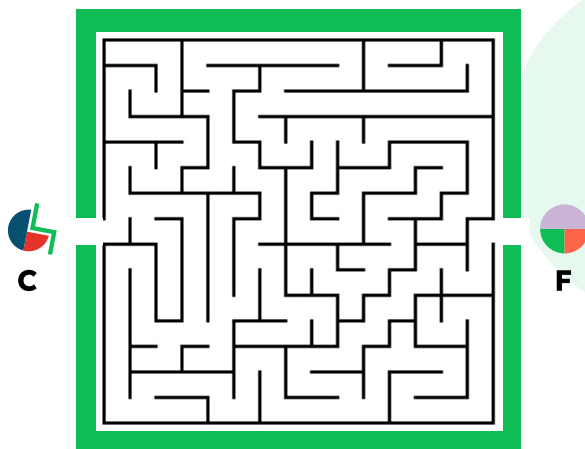
Don't just take our word for it!

"Since becoming involved in sport I have found that my overall co-ordination has improved. I have made the best of friends through sport who I now couldn't imagine life without." **Ellie**



HAVE A GO AT OUR FUN ACTIVITIES!

Help Charlie get to the football...



Famous athletes who have cerebral palsy...

Why don't you find out a bit more about these top athletes?

STEPHEN MILLER MBE



SOPHIE CHRISTIANSEN CBE



JAMES SHAW



JACK RUTTER



WORD SEARCH



- ▶ FRAME RUNNING
- ▶ SPORTS
- ▶ FOOTBALL
- ▶ ACTIVE
- ▶ SWIMMING
- ▶ CP SPORT
- ▶ ATHLETICS
- ▶ CEREBRAL PALSY
- ▶ HEALTHY
- ▶ FRIENDS
- ▶ EXCITING

AWESOME ACTIVITIES TO TRY AT HOME!



- Dance to music. Why not try and create your own routine?
- Balloon skills. Can you keep the balloon off the floor?
- Take on stories or characters to make your own movements



- Enjoy some fresh air with family or friends at the park
- Take part in an online fitness class. Ask a parent or guardian to help you

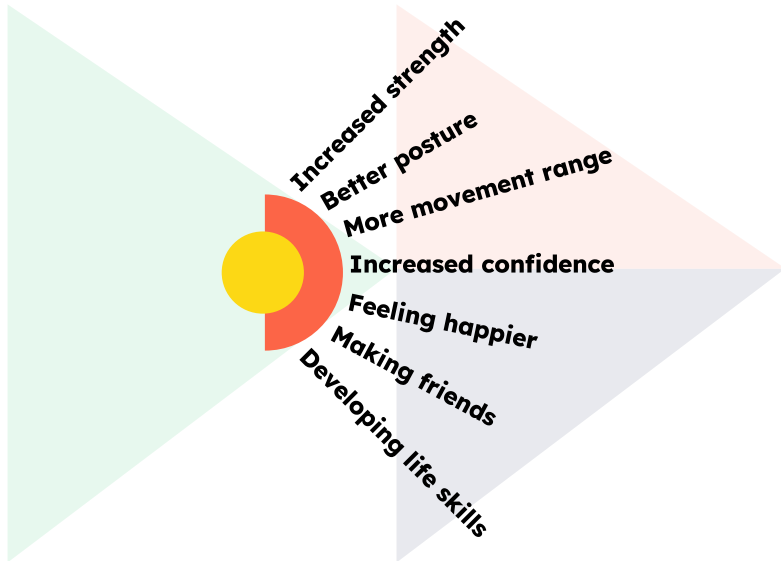


- Set yourself a challenge and try and beat it every day/week e.g. how far can you throw?
- Write down what happens to your body when you do exercise. Can you feel your heartbeat? Do you get hot or out of breath?

Please ask a parent or guardian before taking part in an activity. If you don't know if you can take part, speak to your doctor or physiotherapist who might be able to help you decide which activities would be good for you.

REASONS TO GET ACTIVE!

There are lots of benefits of taking part in sport and physical activity, and these include:



Increased strength can help in everyday life too. Here are some of the ways people with cerebral palsy have said that taking part in regular sport makes a difference to them:

"Rosie's stability has changed. She is nowhere near as wobbly as she used to be"
Mum of Rosie, athlete



"I can tie my own ponytail"
Tegan, horserider



"It reduces stiffness in my limbs so I can walk further"
Tyrone, athlete

WHAT SPORTS CAN I DO?

There are lots of different sports you can get involved with. Here are some examples. For more ideas, contact us.



Swimming



Football



Athletics



Horse-riding



Cricket



Badminton



Tennis



Gymnastics



Basketball



Dance



Rugby



Martial Arts

Adapted sports

Did you know there are adapted versions of many sports, like Table Cricket which means even more people can take part?



Specialist equipment

Here are just some examples of equipment used in sport:



Power Wheelchair



Sports Chair



Walking Frame



Frame Runner



Crutches

You might have heard of other sports which are well known disability sports, such as Boccia...



Want to find out more?

Visit our website www.cpsport.org

Twitter: CP_Sport

Facebook: Cerebral Palsy Sport

Instagram: cp_sport18

Linkedin: Cerebral Palsy Sport

You Tube: Cerebral Palsy Sport

As well as CP Sport activities listed on page 3, there are a number of other organisations who can also provide information on where disability sport and activity sessions are taking place.

If you can't find a sport you are interested in through our online Club Finder, you can also contact the National Governing Body (NGB) of that sport for more information.

Active Partnerships have information on clubs around the country and you can also check your local authority website to see if there is an activity finder or contact.

Contact CP Sport:

Email: info@cpsport.org

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